

Fleet & Family Readiness (Morale Welfare and Recreation)



Telephone Numbers and Hours of Operation

AUTO SKILLS CENTER: 207-438-2981
building 320
Hours: Monday and Friday 7 a.m. to 8 p.m.
Tuesday, Wednesday and Thursday 7 a.m. - 4 p.m.
Saturday 8 a.m. - 4 p.m., Closed Sunday & Holidays

BARBER SHOP: 207- 438-3884
building 22
Hours: Monday & Wednesday 8 a.m. to 4 p.m.
Tuesday & Thursday by appointment
Friday 9 a.m. to 1 p.m. walk-ins

BOWLING CENTER: 207-438-2404
building 308
Monday-Friday 10 a.m. to 9 p.m.
Saturday 10 a.m. to 6 p.m., Closed Sunday & Holidays

CHILD & YOUTH PROGRAM (CYP): 207-438-2083
building 342
Provides high quality, developmentally appropriate curriculum and childcare for children 6 weeks to 5 years. Services are offered in either a Child Development Center or Child Development Home setting.



(CYP) YOUTH CENTER/BOYS AND GIRLS CLUB:
207-438-2114 , building H-10
Hours: 0630-1700
Pre-registration has begun for the Summer Camp program. To register google CYPWEB which will bring you to the Navy Child and Youth Website. Be sure to select Region - MIDLANT - Complete request for care.

DIRECTOR OF MWR: 207-438- 1583

DOCKSIDE CAFÉ: 207-438-2219
building 174
Hours: Monday-Friday 5:30 to 8 a.m. (breakfast)
11a. m. to 12:30 p.m. (lunch), hours subject to change

EXTREME BAR & GRILL 207-438-2404
building 308, (bowling center)
Hours: Monday-Fri 10 a.m. to 8:15 p.m.
Saturday 10 a.m. to 5 p.m., Closed on Sunday & Holidays

FLETCHER FITNESS CENTER: 207-438-4261/2286
building 301
Hours: Monday-Friday, 5 a.m. to 8 p.m.
Saturday and Sunday, 10 a.m. to 6 p.m., Closed Holidays

GYMNASIUM: 207-438-2286
building 173
Hours: Monday 5 a.m. to 8 p.m.,
Saturday and Sunday 10 a.m. to 6 p.m.,
Closed holidays.



INFORMATION, TICKETS AND TOURS:
207-438-2713/1514, building H-10
Hours: Monday-Friday 8 a.m. to 4 p.m.,
Closed Saturday & Sunday



LIBERTY (Single Sailor) Program: 207-438-2712

MARINA SERVICES INFORMATION: 207-438-1280

MARKETING: 207-438-2351

MINI-MOVIE THEATER: 207-438-1583/1280
building H10 (upstairs)
Monday-Friday 8 a.m. to 4 p.m.

NORTHEAST OUTFITTERS GEAR RENTAL:
207-438-1514/2713
building H10
Hours: Monday-Friday 8 a.m. to 4 p.m.



RECREATION CENTER
Computer Center and Mini-Library
207-438-2769, building 22
Hours: Monday-Thursday 7:30 a.m. to 6 p.m.
Friday 7:30 a.m. to 4 p.m., Closed Saturday & Sunday

TIRANTE TAVERN: 207-438-2269
building 22
Hours: Monday - Friday 5:30 to 8 a.m. (breakfast)
11:30 a.m. to 12:30 (lunch), hours subject to change

WOOD HOBBY SHOP: 207-438-1820
building H10
Monday, Wednesday, and Friday 9 a.m. to 1 p.m.
Tuesday & Thursday 4 to 9 p.m.
Saturday 9 a.m. to 2 p.m., Closed Sunday

TRACK & FIELD:
207-438-1280
Lawlor Field (by the Chapel and Bldg 156 Barracks)
Jamaica Fields (Game Field & Practice Field & Track)
Track (4 1/2 Laps = 1 1/2 Miles)

RESERVE THE AUDITORIUM
Call x207-438-2769 (Recreation Center)

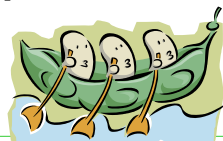
LOOKING FOR IDEAS: If you are looking for information on things to do in the communities surrounding the Shipyard, visit the Recreation Center lobby. We have brochures, maps and flyers on a variety of activities. The ramp entry lobby area in the Building 22 Recreation Center is open round the clock.

Summer Camp Program

SUMMER CAMP PROGRAM:

Pre registrations are currently being accepted for the Summer Camp Program. This program runs for 11 weeks beginning in June for school age children through 14 years of age. Three groups enjoy a variety of age appropriate activities on and off the Shipyard, including crafts, trips, sports and challenge activities.

Camp hours are 6:30 a.m. - 5 p.m.



To pre-register, perform an internet search: CYPWEB.

This will bring you to the Navy Child & Youth website. Select "I'm looking for child care" and complete the Request for Care form. We are now with the

MIDLANT Region.

The Child Development Center (CDC):
207-438-2083

Tirante Tavern Menu

APRIL 30 to MAY 4

Monday

Three piece fried chicken
rice, peas, rolls and butter

Cheeseburger Sub
Chicken Soup

Tuesday

Sheperds Pie
green beans,
rolls and butter

Chicken Parmasan Sub
Chili

Wednesday

Spagetti with Meatballs
side salad, garlic bread

BBQ Beef Sub
Minestrone Soup

Thursday

Chicken Fingers, cole slaw,
french fries, onion rings,
rolls and butter

Steak and Cheese Sub
Beef Soup

Friday

Baked Stuffed Haddock,
mashed potatos, carrots,
rolls and butter

Cheeseburger Sub
Chowder

MAY 7 to MAY 11

Monday

Seafood Basket
cole slaw, rolls and butter

Meatball Sub
Chowder

Tuesday

Salisbury Steak
mashed potato, waxed
beans, rolls and butter

Chicken Parmesan Sub
Chili

Wednesday

Spagetti with Meatballs
side salad, garlic bread

BLT Sub
Minestrone Soup

Thursday

Chicken Teriyaki
rice, green beans,
rolls and butter

Steak and Cheese Sub
Beef Soup

Friday

Ham and scalloped
potatos, peas,
rolls and butter

Chicken Soup

Also availavle: salads, subs, sandwiches, french fries, and desserts

Breakfast is served 5:30 to 8 a.m. Hot Lunch served 11:30 a.m. to 12:30 p.m.

ITT Information, Tickets and Tours

SUMMER TICKETS:

Local Attractions

Canobie Lake Park
Funtown/Splashtown
Six Flags
State of Maine Hunting and Fishing License
Water Country, Portsmouth
York Wild Kingdom

AVAILABLE ALL YEAR:

Disney
SeaWorld
Universal
Bush Gardens, Tampa and Williamsburg

Museum of Science Boston, Omni Theater
New England Aquarium, Boston, I Max Theater
Regal Movie Theater
Spinelli Movie Theater

C&J Limo to Logan Airport or South Station



For more information on programs here and events in the area visit ITT in building H-10 or go to the building 22 lobby (at the ramp entrance). The lobby is open 24/7 and has a large selection of brochures of local attractions and current MWR programs.

Recreation Center

The Recreation Center in building 22 offers 10 computer stations, game room with billiard tables, football and games, and a library including books, magazines, newspapers, videos, audio books and the Navy Professional Reading Collection

To use the Recreation Center:
Children under 12, must have a military dependent ID card and be accompanied by an adult at all times.
Children under 16 must be accompanied by an adult at all times while using the computer.



Liberty Program



The Liberty Program is located in Recreation Center in building 22. The program is for single sailors and active duty married sailors living away from their spouses. The program offers different events every month including free bowling, cookouts, movies and many trips off base to the mountains for ski and snowboarding, and to local areas for kayaking, mountain biking, indoor rock climbing and more.

Fletcher Fitness Center

The Fletcher Fitness Center offers a wide variety of activity including free weights, weight machines, racquetball and cardiovascular fitness equipment with cardio theatre. Have a free personalized program created for you by our professional and knowledgeable fitness staff. Fletcher Fitness Center specializes in safe and effective fitness and weight loss programs. Massage Therapy is also available by appointment. Join us in one of our exciting group fitness, step, kick boxing, yoga, abdominal, aerobics and pilate classes for good health and a good time!



The Bowling Center

The Portsmouth Naval Shipyard Bowling Center offers open bowling, league bowling for individuals, couples or teams. The Bowling Center offers parties tailored to your needs, shop or boat parties and birthday parties.



The Xtreme Bar and Grill is located inside the Bowling Center. You can order take out or eat in. The Xtreme Bar and Grill offers sandwiches, grill items, subs, salads, bottled beer and beer on tap.



Northeast Outfitters Outdoor Recreation Equipment

BOAT RENTALS

16ft./25 hp boat pkg.	Single kayak trailer
14ft./10 hp boat pkg.	Double kayak trailer
12ft./10 hp boat pkg.	Sixteen kayak trailer
Canoe trailer	Trailer receiver with ball
Canoe pkg.	17ft. O'day
Kayak pkg.	Sailboat sunset rental
Double kayak pkg.	

SPORTS EQUIPMENT

Golf club set
Horseshoe set
Volleyball
Badminton set
Croquet set
Game set
Mountain bike
Bike helmet

Northeast Outfitters Outdoor Recreation Equipment offers great prices on outdoor recreation equipment, boat rentals, sports equipment, and winter sports equipment. Equipment can be rented by the day, weekend, or week. They also rent inflatables by the day or weekend.



Call Northeast Outfitters, 207-438-1514, to make reservations for Jamaica Island

The full listing of all our facilities and programs with their telephone numbers are on the first page of this document. Please call the facilities for additional information, prices, and new programs. This brief overview is temporary until we have the full website up and running.

